

UNIVERSITI TEKNOLOGI MARA

**MUSIC PERFORMANCE ANXIETY
AMONG MUSIC STUDENTS IN
MALAYSIAN UNIVERSITIES**

FATIN HANI BINTI MOHD SHERIFF

Thesis submitted in fulfillment
of the requirements of the degree of
Master of Music

Faculty of Music

March 2016

CONFIRMATION BY PANEL OF EXPERT

I certify that a panel of examiners has met on 22nd September 2015 to conduct the final examination of Fatin Hani Binti Mohd Sheriff on her Master of Science thesis titled “ Music Performance Anxiety Among Music Students in Malaysian Universities” in accordance with Universiti Teknologi MARA Act 1976 (Akta 173). The Panel of Examiners recommends that the students be awarded the relevant degree. The panel of examiners were as follows:

Ramona Binti Mohd Tahir, PhD
Associate professor
Dean,
Faculty of Music
Universiti Teknologi MARA
(Chairman)

Yeoh Pei Sze, PhD
Associate Professor
Faculty of Human Ecology
Universiti Putra Malaysia
(External Examiner)

Valerie Ross, PhD
Associate Professor
Faculty of Music
Universiti Teknologi MARA
(Internal Examiner)

Shahanum Binti Mohd Shah, PhD
Associate Professor
Faculty of Music
Universiti Teknologi MARA
(Internal Examiner)

SITI HALIJJAH SHARIFF, PHD
Associate Professor
Dean
Institute of Graduates Studies
Universiti Teknologi MARA
Date: 28th March 2016

AUTHOR'S DECLARATION

I declare that the work in this dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and the results of my own work, unless otherwise indicated or acknowledged as referenced work. The topic has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

Name of Student : Fatin Hani Binti Mohd Sheriff
Student I.D. No : 2012596967
Programme : Master of Music– MU750
Faculty : Faculty of Music
Thesis Title : Music Performance Anxiety Among Music
Students In Malaysian Universities

Signature of Student : 

Date : March 2016

ABSTRACT

This study investigates music performance anxiety (MPA) among bachelor degree music students in Malaysian universities, namely Universiti Teknologi MARA (UiTM), Universiti Pendidikan Sultan Idris (UPSI), Universiti Putra Malaysia (UPM) and Universiti Malaya (UM). The components of MPA constructs are: causes/situational factors, temporal occurrence, autonomic arousal, cognitive manifestations, affective manifestations, behavioral manifestations, and somatic manifestations. Respondents were chosen by using stratified random sampling and questionnaires were distributed to 300 music degree students of which 292 (97%) were returned. Data were statistically analysed which include descriptive statistics, independent-samples *t*-test, one-way analysis of variance (ANOVA) and Pearson's coefficient of correlation. The findings indicated that based on the mean score for various sub-scales of the Music Performance Anxiety Scale (MPAS), temporal occurrence was found to be the most occurrent factor of music performance anxiety among music degree students followed by causes/situational factors as a distant second. MPA differ between male and female respondents with respect to somatic manifestation ($p < 0.05$). The perception on the seven dimensions differ between hours of practice with respect to affective manifestation, behavioural manifestation, autonomic arousal ($p < 0.05$, respectively), and somatic manifestation ($p < 0.01$). The perceptions on MPA also differ between respondents of different groups of instruments played with respect to affective manifestation, behavioural manifestation and somatic manifestation ($p < 0.05$). Furthermore, the perceptions on MPA differ between respondents who had performed more than 11 times, between 6-10 times or less than 6 times in a year with respect to all the seven (7) dimensions. Finally, a weak to moderate relationships exist between various dimensions of MPA construct, between hours of practice and between frequency of music performance in a year among music students. The findings of the study give insights and rich understanding of MPA to music performers, academicians, researchers and music students in Malaysian universities.

TABLE OF CONTENTS

	Page
CONFIRMATION BY PANEL OF EXAMINERS	ii
AUTHOR'S DECLARATION	iii
ABSTRACT	iv
ACKNOWLEDGEMENT	v
TABLE OF CONTENTS	vi
LIST OF TABLES	xii
LIST OF FIGURES	xv
LIST OF ABBREVIATIONS	xvi
CHAPTER ONE: INTRODUCTION	
1.1 Background of the Study	1
1.1.1 Music Education in Malaysia	3
1.2 Statement of the Problem	7
1.3 Purpose of the Study	10
1.4 Objective of the Study	10
1.5 Research Questions	11
1.6 Hypotheses	11
1.7 Significance of the Study	11
1.8 Scope and Limitation of the Study	12
1.9 Operational Definition of Terms	13
1.10 Organisation of the Dissertation	14
CHAPTER TWO: LITERATURE REVIEW	
2.1 Introduction	15
2.2 Defining Anxiety	15
2.3 Music Performance Anxiety (MPA)	16
2.4 Types of Anxiety	25
2.4.1 Stress	25
2.4.2 Fear	27